

Yogurt Smoothie in a Bag

Makes: 1 smoothie

Ingredients

1/4 cup yogurt, low-fat vanilla (or plain)

1 tablespoon milk, 1%

2/3 tablespoon frozen fruit juice concentrated (2
teaspoons, thawed)

Directions

1. Place ingredients in a heavy duty snack sized plastic bag.
2. Squish the bag until all ingredients are mixed, then stick a straw in a bag to drink the smoothie.

Notes

Orange juice concentrate used for costing and nutrition analysis.

Purdue University Extensions. Visit Web site.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	73	
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Total Fat	1 g	2%
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Protein	4 g	
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Carbohydrates	13 g	4%
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Dietary Fiber	0 g	0%
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Saturated Fat	1 g	5%
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Sodium	47 mg	2%
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MyPlate Food Groups

Fruits	1/4 cup
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Dairy	1/4 cup
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